

HERITAGE

National Immunization Awareness Month

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases and to help keep our community safe. It's important to know which shots you need and when to get them.



Vaccine	Suggested because
Seasonal Flu (Influenza)	Influenza vaccine is recommended each year for everyone 6 months of age and older, including pregnant women. The vaccine may be given as soon as it is available and throughout the influenza season. There are several types of flu vaccine. Talk with your doctor about which flu vaccine is right for you. (Note: Adults older than 49 years of age, pregnant women, and anyone with chronic medical conditions should not receive the influenza nasal spray vaccine.)
Pneumococcal	Everyone 65 years and older should get one dose of pneumococcal 13-valent conjugate vaccine (PCV13) and one dose of pneumococcal polysaccharide vaccine (PPSV23). Ideally you should get the PCV13 vaccine first followed by PPSV23 at least 1 year later. If you have had PPSV23 already, then you should get the PCV13 vaccine at least one year after PPSV23. Talk with your doctor about your pneumococcal vaccination schedule.
Tdap - Tetanus, Diphtheria, and Pertussis	Everyone need one booster dose of tetanus, diphtheria, and pertussis (Tdap) vaccine if you have not previously had this vaccine. Tdap may be given regardless of when you last received a tetanus and diphtheria (Td) dose. After receipt of your Tdap dose, you will need Td booster doses every 10 years.
Zoster (Shingles)	A single dose of this vaccine is used to protect against shingles. You should receive this vaccine even if you have already had shingles. Some people should not get this vaccine if they have a weak immune system. You don't need this vaccine if you have received the varicella (chickenpox) vaccine. Zoster vaccine SHOULD NOT be given to pregnant women or those with a weakened immune system. Talk with your doctor to find out if this vaccine is right for you.

CITY MANAGER

Kevin J. Murphy

City Council

Mayor

Edward J. Kennedy Jr.

Vice Mayor

Daniel P. Rourke

Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

City of Lowell Veterans Services

<u>Director / Agent</u> Eric Lamarche 978-674-1595 ELamarche@lowellma.gov

Head Clerk
Carmen Felix
978-674-1596
CFelix@lowellma.gov

Head Clerk
Nancy McGuire
978-674-1597
NMcGuire@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 PM. Monday - Friday

2nd Floor of the Senior Center in the administrative office area

SENIOR CENTER SERVICES

Main Number: 978-674-1172 Fax: 978-970-4134

Executive Director: Michelle Ramalho 978-674-1170 ~ mramalho@lowellma.gov

Receptionist: Tara Donnelly 978-674-1171 ~ tdonnelly@lowellma.gov

Civic Events: Carol Lannan 978-674-1169 ~ CLannan@lowellma.gov Volunteer: Sandra Breen 978-674-1176 ~ sbreen@lowellma.gov

Outreach Caseworker: Amy Medina Leal 978-674-1167 ~ aleal@lowellma.gov

Volunteer Coordinator: Eileen Golden 978-674-1173 ~ egolden@lowellma.gov Monday, Tues. & Thurs. 8:00 AM-1:00 PM

Outreach Volunteers:

John R. Lawlor ~ 978-674-1174 ~ Jlawlor@lowellma.gov Monday-Friday ~ 10:00 AM-3:00 PM (by appointment) Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov Tuesday—Friday 10:00 AM-2:00 PM

> Kitchen Staff—978-970-4132 Virginia Valdes & Karl Correa ~ Weekdays Chuck Kuenzler ~ Weekends

S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172 First come, First served, Mondays: 8:30-10:30 AM

Legal Services Assistance & ReferralsFor an appointment call: 978-458-1465

Pollard Library ~ 978-674-8634 COA Library Annex ~ 978-970-4186 Arthur Toupin ~ Library Aide & Photo Cotributor

Lowell Senior Center Hours of Operation:

Monday—Friday: Open 6:30 AM—4:00 PM

Lunch served at 11:30 AM

Saturday—Sunday: Open 7:00 AM—12 PM

Breakfast and Lunch ONLY

COUNCIL ON AGING

BOARD OF DIRECTORS

Joan Bedford

Joyce E. Dastou

Andrew Hostetler

Eric Lamarche

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

Next meeting: Mon., Sept. 12th at 9:00am - Public Welcome

FRIENDS of the Lowell Council on Aging, INC.

BOARD OF DIRECTORS

PRESIDENT

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

TREASURER

Jacqueline Denison

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Claire Brodeur

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Lorraine Mellen

Ray A. Roades

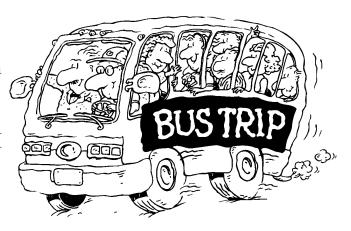
Arthur Toupin

Office hours vary

Call 978-674-1172

Next meeting: Fri., Sept. 30th 9:30 am - Public Welcome

Ages 18+ ... All <u>TRIPS</u> must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS (insurance available on some trips). Wednesday trips depart from the Ayotte Garage (no charge unless otherwise noted). The office is now open from 6:30 AM to 3:30 PM. Detailed event flyers available outside the office on the second floor. For more info call Carol Lannan at 978-674-1169.



OVERNIGHT TRIPS Don't lose out — Book NOW!

September 11-13, Sunday-Tuesday ... Three Day Atlantic City Escape to the Tropicana, Double \$239, Triple \$229, Single \$319. Includes: Round trip motor coach, 2 nights at the resort, \$30 Slot play, 2 - \$25.00 food credits, tax and baggage/service. \$50 deposit required. Insurance Available. Bus departs at 7:00 AM, returns at 8:00 PM.

December 4-5, Sunday—Monday ... Christmas New York Style ... Cost: \$399 per person double, \$499 single. Includes: lodging at the Sheraton in Tarrytown, NY; Tour of the Union Church of Pocantico Hills with stained glass windows designed by Henri Matisse & Marc Chagall; Tour of Lyndhurst Castle; an amazing Christmas Show at Westchester Broadway Dinner Theatre; Radio City Music Hall Christmas Spectacular Show; about 3 hours for shopping & lunch on your own all in 2 days & 1 night. A \$50 per person deposit confirms reservation. Final payment is due October 28. A trip protection program is available for \$25 and ensures a full refund (less \$25) regardless of the cancellation date.

December 7–9, Wednesday-Friday ... Christmas at the White Mountain Hotel and Resort ... Double \$389, Triple \$369, Single \$499. Includes all Room and meals taxes & gratuities. Featuring Colonial Williamsburg décor for the season. Over 150 tax-free shops and outlets in the area and downtown. Relax and unwind in this majestic winter wonderland! 2 Nights, 4 meals, 2 breakfasts and 2 dinners plus 3 Christmas shows, admission to the "Festival of Trees" in Wolfeboro plus deluxe motor coach, round trip baggage handling and a Christmas gift.

DAY TRIPS

August 22, 2016, Monday—8:30 am departure—Twin River's-\$25.00 per person. Includes \$10 slot play and \$7.00 food coupons.

September 20, Tuesday . . . "PLAZA SUITE"... Cost: \$65. SURF & TURF Hilarity abounds in this portrait of three couples successively occupying a suite at the Plaza. A suburban couple takes a suite while their house is being painted and it turns out to be the one in which they honeymooned 23(or was it 24) years before and was yesterday the anniversary, or is it today? This wry tale of marriage in tatters is followed by the exploits of a HOLLYWOOD producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart. Now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await, or as Mother yells, "I want you to come out of that bathroom and get married?" Bus departs from the Lowell Senior Center at 9:00 AM.

September 21, Wednesday ... Forever Motown Cost: \$70. Featuring the Best of the FOUR TOPS, SMOKEY, TEMPTATIONS, STEVIE, MARVIN, & THE SUPREMES! Baked Chicken or Baked Scrod along with Bread, Vegetables, Dessert, Coffee/Tea and, of course Venus De Milo's Famous and Award Winning Minestrone Soup. Bus departs from the AYOTTE GARAGE at 10:00 AM.

October 7, 2016 Friday ... Winnipesaukee Hobo Railroad ... Delightful, Delicious & Scenic Railroad Tour ... Cost: \$45. The trip includes a delectable full

... continued from page 3

course Turkey Dinner prepared by Hart's Turkey Farm in Meredith, NH. This is the perfect date and time to enjoy the train ride and the specular autumn scenery. The 2 hour tour along the historic Winnipesaukee Scenic Railroad includes a scenic excursion

along the western shore of Lake Winnipesaukee - traveling from Meredith through Weirs Beach to Lakeport and back. Bus departs from the Lowell Senior Center at 8:00 AM.

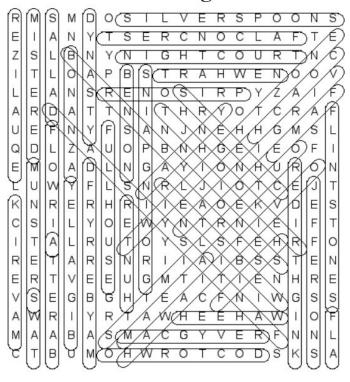
October 18, Tuesday ... The Perfect Combo Trip—New England Goes Country PLUS the New Hampshire Turkey Train ... Cost: \$99. (this event is different than the one above) Show will be at the Flying Monkey in Plymouth, NH. Travel N. H. & ride the rails alongside of Lake Winnipesaukee. Enjoy a delicious turkey luncheon provided by Hart's Turkey Farm. Enjoy the brilliant fall foliage, fantastic food and the music. Bus departs from the Lowell Senior Center at 8:00 AM.

COME AND EXPLORE THE SPIRIT WORLD

On Thursday August 18th at 12:30pm. Linnea Star is able to converse with the Spirit World in many different ways. She is well versed in *clairaudience* (hearing the messages that are being conveyed), as well as *precognition* (the prediction of the future). In many instances of precognition, "It is nothing like anything else you've explored! \$25 per person.

Please see Carol Lannan.

Puzzle on Page 14



The hidden TV show is: MONTY PYTHON'S FLYING CIRCUS

Roger's \$5.00 Trips

August tickets on sale July 29

Monday ... 8 ... Old Orchard-departs @ 8:30am Tuesday ... 9 ... York Beach-departs @ 8:30 am

Monday ... 15 ... Plymouth*

Thursday ... 18 ... Newburyport

Thursday ... 25 ... Ogunquit-departs at 8:30 am

Monday ... 29 ... Grassfields*

Handicapped Accessible.

On the way home, the bus will drop-off at ONLY 2 locations: the downtown bus stop on Merrimack Street and The Lowell Senior Center

September tickets on sale August 26

Friday ... 2 ... Quincy Market

Thursday ... 8 ... Hampton

Monday ... 12 ... Old Orchard Beach-departs @ 8:30am

Thursday ... 15 ... Rockport

Monday ... 19 ... Big E Fair-departs @ 8:30am

Monday ... 26 ... Deerfield Fair-departs @ 8:30am

Thursday ... 29 ... Kittery Outlets* departs @ 8:30am

BUS LEAVES @ 9:15 A.M. SHARP Unless otherwise noted

PLACE & TIME IS SUBJECT TO CHANGE, IF THERE ARE NOT ENOUGH PEOPLE SIGNED UP ESPECIALLY TRIPS MARKED WITH A * .

Director's Message: by Michelle Ramalho

Dear Friends,

The last full summer month has arrived, and so quickly! I hope you have had a chance to enjoy some of our fun summer activities. If not, you still have plenty of time.

We will be holding our Annual Summer Outing, with a full chicken BBQ, corn-on-the-cob, potato salad, coleslaw, and ice-cream treats. This Friends of Council on Aging fundraiser will be held on Thursday, August 4th, 10am-3pm at the Lowell VFW on plain Street. \$8.00 per ticket. Transportation to & from the outing is available. Please RSVP with Tara @ (978) 674-1172.

Roger's Bus will be travelling to several beautiful award winning beaches this month, destinations include, Old Orchard, York, Plymouth, Newburyport, and Ogunquit! We also will be attending a couple of fairs.

I would like to thank our Civic Event's Director, Carol Lannan for doing such a super job on trying to please EVERYONE! I think she made



some great choices to provide a variety of travels this summer.

Linnea Star will be returning on Thursday, August 18th at 12:30pm, for another messages from beyond group meeting. This interesting and funfilled event is \$25.00 per person. Please RSVP. (#20 seats, max)..

The August 12th Veteran's breakfast will be held at 9am, we will be

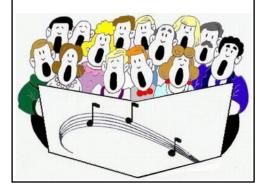
welcoming the Lowell Community Health Center, to provide blood pressure tests. We will also be welcoming back Roland Cartier from Community Teamwork (CTI).

Kudos also go out to the following sponsors of the Veterans Breakfast held in July: Roland Cartier-Community Teamwork, Northwood Rehabilitation. Program & Gail Arpin-Finck/Cognitive Rehab specialist who played Brain games to boost our brain cells!

Michelle Ramalho

Choral Group Singers

Rehearsals: Mondays at 1:00 pm (No group in August)





Mondays 8:30 am 1st come, 1st served

FREE on THURSDAYS!

Ping Pong 10am-12pm





Art Class 12pm-2pm

Doctor's, Nurse's & MORE

Blood Pressure & Weight Check:

Circle Home, Inc.:

the 2nd Tuesday from 8:00—10:00 am & the 3rd Tuesday from 10:00 am—12:30 pm

Albert Gauthier RN:

Wednesdays from 9:30—11:30 am

Commonwealth Nursing:

the 1st & 4th Tuesdays from 10:00 am—12:00 pm

Dr. Gregory McNamara—Killer Feet:

1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month.

1st come 1st served. 8-10 am

Dr. George Potamitis from Pro-Rehab:

Question and Answer sessions every Wednesday from 10:00 am-11:00 am

Affordable Hearing with Christopher Streeter:

Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9:30am-11am in Board Room. Please call 978-674-1172 for appointment.

Diabetic Shoes with Steven Carrucci: 2nd Tuesday of each month, please call 1-978-758-5378.

City of Lowell Public Health Nurse: The 2nd Thursday of each month from 9:00 A.M. until 11:00 AM for Blood Sugar Monitor Checks. (Please bring your own blood sugar monitor). AND the 1st and 3rd Thursday of each month from 9:00 A.M. until 11:00 A.M. for Question and Answer session regarding Health Issues

September 2016



HORN OF PLENTY

30 Chances to Win!

\$5.00 per calendar

brought to you by the Friends of the Lowell Council on Aging

Getting Fit & Staying Fit



with Marian Silk

Mondays and Thursdays: 9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

(I like to end 5 minutes early so we are out the door in one hour!)

YOGA

with Diana Kyricos

Wednesdays 10-11 am ~ Veterans 11:15– 12:15 pm \$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

www.atmamoves.com

Diana@atmamoves.com



Mah-Jong

Mondays

12:00—3:00 pm



Country Line Dancing

with Marcella Groulx



Tuesdays 10:00 am— 12:00 pm

\$5.00

Dominoes

If interested, please contact Charlotte Landry

Tuesdays 9:00—11:00 am



Hawaiian Hula Dance Lessons



We're sorry to inform you that Kim will be unable to conduct her popular Hawaiian Dance Lessons for the next several weeks.

CELEBRATE COMMUNITY!

NATIONAL NIGHT OUT IN LOWELL 2016

Featuring an OUTDOOR MOVIE SCREENING AT DUSK!





TUESDAY, AUGUST 2 MOREY ELEMENTARY SCHOOL -- 114 Pine Street

6pm - 8pm

Kids Lawn Games, Giveaways, UTEC breakdancers, and Info and Demonstrations from Lowell PD, Lowell FD, EMS Units, and Community Service Groups!

FREE OUTDOOR MOVIE AT DUSK!

"The Pirates! Band of Misfits" (Rated PG, 88 min)
Bring your lawn chairs & blankets! Free hot dogs & popcorn!

FREE & OPEN TO THE PUBLIC! More info at 978-674-1969

Quilting Lessons



Newcomers' welcome!

Wednesdays 12:30—3:00 pm

TAI CHI

Tuesdays 10:15– 11:15 8 weeks for \$24 or walk-ins \$5 per class



Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis! Acupressure Points also taught: for headaches, stress, upset stomach & more!

Knitting & Crochet





Tuesdays 12:00—3:00 pm

Newcomers' welcome!





ALL SNAP AND WIC FARMER'S MARKET COUPONS AND SENIOR COUPONS ON PURCHASES UP TO \$20



JUNE 22ND - NOVEMBER 4TH

EVERY WEDNESDAY

Lowell Community Health Center (Extended stop) Starts on May 18th and ends Nov 30th 10am-1:30pm

161 Jackson St. Lowell, MA

D'Youville Life and Wellness Center 2:30pm-4pm 981 Varnum Ave. Lowell, MA

Mercier Community Center 5pm-6:30pm 21 Salem St. Lowell, MA

EVERY FRIDAY

George W. Flanagan Village 10am-11:30am 580 Chelmsford St. Lowell, MA

CTI Lowell Farmer's Market Starts July 1st and ends Oct 14th 1pm-6pm

City Hall Plaza, 50 Arcand Dr. Lowell, MA

EVERY THURSDAY

Lowell General Hospital - Main 10am-1pm 295 Varnum Ave. Lowell, MA

Lowell General Hospital - Saints 2pm-4pm 1 Hospital Dr, Lowell, MA

Riverplace Towers 5pm-6:30pm 1 River Place, Lowell, MA

EVERY SUNDAY

The Farm Market at Mill No. 5 Open year round! 11am-3pm 250 Jackson St, 4th floor, Lowell, MA

Schedule is subject to change

Card Making Class

First come, first served basis.

RSVP to reserve your spot.

See Tara.



YOGA for VETS

with Diana Kyricos

Wednesday's

11:00 am—12:00 pm \$5.00

A chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

B-I-N-G-O

Every Wednesday

12:00-3:00 pm

50¢ per card



Prize amounts vary due to attendance.

> PLUS additional prizes!

FARMER'S MARKET COUPONS

Will be distributed to Lowell residences only (or city/town residence whose town/city is not distributing) on Wednesday, August 3th at 9:00 am

Please bring your photo ID & proof of residency
Farmer's Market is held every Friday afternoon from 1:00—6:00pm until the end of October next to City Hall

HEALTHY RELATIONSHIPS GROUP FOR WOMEN

South Bay Mental Health Center is offering a ten-week group to educate women to selfempower, examine healthy versus unhealthy relationships and to recognize the cycles of sexual, physical and emotional abuse.

With group support, we will address women's ability to practice self-care, self-esteem and asserting personal safety.

The meetings will be on Fridays from 12:45 to 2:15 p.m. and Wednesdays from 5:30 to 7:00 p.m.

If interested, please refer to this group and group leader, Samantha Del Gizzi. The number to call is 508-580-4691 and we are located at 22 Old Canal Drive in Lowell.

Friend's of Lowell Senior Center ANNUAL OUTING FUNDRAISER

Thursday, August 4th 10:00 am to 3:00 pm \$8.00 per ticket



Ray Tremblay DJ VFW

190 Plain Street Lowell
Chicken Dinner
Games & Raffles

Win a Samsung Galaxy Tablet!

\$5.00 per ticket

Five tickets for \$20

Anxiety Support Group

with Steve Coupe Fridays

2:00—3:45 pm

Steve will be away on medical leave and should return in September. Please check with 978-674-1172 to confirm his return.



Representatives will be available to answer any questions that you may have regarding your plan.

10:00 am—12:00 pm Wednesday, September 14

Whether you are a current member or someone needing coverage; stop by and learn more!



10	Lowell Co	August	
FRIDAY	5. 7-9 Breakfast Program 50¢ 8:00 Foot Doctor — Min. Number needed 9:30 Personal Computer/ Tablet Assistance 11:30-3:45 Poker 11:30 Lunch (see menu) \$2 11:45 Wii Games 1-3 Senior Social—Senior Whole Health sponsoring FREE Ice Cream Social 2-3:45 Anxiety Support Group —ON HOLD UNTIL	12. 7-9 Breakfast Program 50¢ 9:00 Veterans Breakfast— Lowell Community Health Center & Roland Cartier- Community Teamwork (CTI). 9:30 Personal Computer/ Tablet Assistance 10:30—David Shikes Comedy Hour 11:30-3:45 Poker 11:30 Lunch (see menu) \$2 11:45 Wii Games 1-3 Senior Social	19. 7-9 Breakfast Program 50¢ 9:30 Personal Computer/ Tablet Assistance 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 1-3 Senior Social \$1 2-3:45 Anxiety Support Group —ON HOLD UNTIL SEPTEMNER
THURSDAY	4. 7-9 Breakfast Program 50¢ 9:00 Getting Fit 10:00 am—3:00 pm— Annual Outing at the VFW	11. 7-9 Breakfast Program 50¢ 9:00 Getting Fit 10:00 AA Info meeting 10:00-Ping Pong 12:00 Free Art Lessons 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's & Whist 1:45 CTI Bone Builders B	18. 7-9 Breakfast Program 50ϕ 9:00 Getting Fit 10:00 AA Info meeting 10:00-Ping Pong 12:00 Free Art Lessons 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's & Whist 1:45 CTI Bone Builders B
WEDNESDAY	3. 7-9 Breakfast Program 50¢ 8:30 Getting Fit 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Yoga for Seniors 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting 9:00 am—Farmer's Market Coupons-please bring proof of age and address.	10. 7-9 Breakfast Program 50¢ 8:30 Getting Fit 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Yoga for Seniors 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting	7-9 Breakfast Program 50¢ 8:30 Getting Fit 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Yoga for Seniors 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting
TUESDAY	2. 7-9 Breakfast Program 50¢ 10-12 Commonwealth Nursing 10-12 Country Line Dancing 10-12 LPD drop-in 10:15-11:15 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3:45 Knitting & Crochet	9. 7-9 Breakfast Program 50¢ 8-10 Circle Health Nurse 8:00 CTI meeting NO Country Line Dancing 10-12 LPD drop-in 10:15-11:15 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3:45 Cribbage	16. 7-9 Breakfast Program 50¢ 10-12 LPD drop-in 10-12:30 Circle Health Nurse 10-12 Country Line Dancing 10:15-11:15 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Knitting & Crochet
MONDAY	1. 7-9 Breakfast Program 50¢ 8:30-10:30 SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG NO Choral Group Rehearsal 1:45 CTI Bone Builders B	8.7-9 Breakfast Program 50¢ 8:30-10:30 SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG NO Choral Group Rehearsal 1:45 CTI Bone Builders B	7-9 Breakfast Program 50¢ 8:30-10:30 SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG NO Choral Group Rehearsal 1:45 CTI Bone Builders B

26. 7-9 Breakfast Program 50¢ NO Friends Meeting 9:30 Personal Computer/ Tablet Assistance 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 1-3 Senior Social \$1 2-3:45 Anxiety Support Group-ON HOLD UNTIL SEPTEMBER.	ust
25. 7-9 Breakfast Program 50¢ 9:00 Getting Fit 10:00 AA Info meeting 10:00-Ping Pong 12:00 Free Art Lessons 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's & Whist 1:45 CTI Bone Builders B	August
24. 7-9 Breakfast Program 50¢ 8:30 Getting Fit 8:30 CTI Bone Builders A 9:30 Affordable Hearing 9:30-11:30 Blood Pressure 10-11 –NO Yoga for Seniors 11:15-12 NO Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting	31. 7-9 Breakfast Program 50¢ 8:30 Getting Fit 8:30 CTI Bone Builders A 9:30 Affordable Hearing 9:30-11:30 Blood Pressure 10-11 NO Yoga for Seniors 11:15-12 NO Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting
23. 7-9 Breakfast Program 50¢ 10-12 LPD drop-in 10-12 Commonwealth Nursing 10-12 Country Line Dancing 10:15-11:15 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Brown Bag Pick Up 12-3 Knitting & Crochet	30. 7-9 Breakfast Program 50ϕ 10-12 LPD drop-in 10-12 Country Line Dancing 10:15-11:15 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Knitting & Crochet
7-9 Breakfast Program 50¢ 8:30-10:30 SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG NO Choral Group Rehearsal 1:45 CTI Bone Builders B	7-9 Breakfast Program 50¢ 8:30-10:30 SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG NO Choral Group Rehearsal 1:45 CTI Bone Builders B





Lunch Menu



PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH!

A donation of \$2.00 is required for **lunch that is served at 11:30 am.** Tickets are available daily until 10:30 am Seniors that arrive later must pay cash and will follow ticket holders. Funding for our meal program is made possible by EOEA, Merrimack Valley Nutrition, City of Lowell. See Tara if you need a card. **Menu subject to change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1.Chicken Cacciatore, rice, green beans, wheat bread, pears	2. Cheese Lasagna, green beans, wheat roll, peaches	3. Chicken Breast Filet, potatoes, carrots, wheat bread, juice, pudding	4. ANNUAL SENIOR OUTING	5. Fish Cake, potatoes, peas, wheat bread, apricots	6. Pork Pie, potatoes, wheat bread, cake
7. Roast Pork, potatoes, mixed veggies, rolls, ice cream	8. Chicken Ala King, rice, wheat bread, pudding	9. Mac & Cheese, stewed tomatoes, broccoli, wheat bread, pineapples	10. BBQ Ribs, potatoes, mixed veggies, rolls, mixed fruit	11. Chicken Patties, rice, carrots, wheat bread, juice, pudding	12. Pollock, baked potatoes waxed beans, rolls, pears	13. Stuffed Cabbage, mixed veggies, wheat rolls, sherbet
14. Roast Turkey, stuffing, potatoes, peas, rolls, cookies	15. Veal Pattie, potatoes, green beans, rolls, peaches	16. Chicken Salad, Pasta Salad, 3-Bean Salad, roll, juice, pudding	17. Salisbury Steak, potatoes, carrots, wheat bread, sherbet	18. Chicken Fajitas, rice, corn, wheat bread, oranges	19. Lemon Pepper Fish, potatoes, green beans, wheat rolls, apricots	20. Cheese Ravioli, waxed beans, garlic stick, peaches
21. Roast Beef, potatoes, carrots, wheat roll, ice cream	22. Stuffed Peppers, corn, wheat bread, banana	23. Chicken, baked potatoes, carrots, rolls, pineapples	24. Shepard's Pie, beets, wheat bread, sherbet	25. Swedish Meatballs, potatoes, peas, wheat bread, juice, cake	26. Tuna Salad, Potato Salad, 3- Bean Salad, pita bread, pudding	27. Hamburgers w/ onion, potato, broccoli, rolls, pudding
28. Chicken Fritters, rice, carrots, wheat bread, pears	29. Stuffed Shells, waxed beans, wheat bread, peas	30. Chicken, broccoli, ziti, garlic, oranges	31. American Chopped suey, beets, garlic bread, pineapples			



David Shikes ~ Comedy Hour Friday, August 12TH 10:30 am-COA Great hall





August 17, 2016 5:00-6:30 pm

ALZHEIMER'S DISEASE AND TODAY'S EMERGING THERAPIES

Join us for a 30-40-minute education series followed by a Q&A session at The Atrium at Drum Hill on Alzheimer's Disease and today's emerging therapies.

ActivMed Practices & Research, Inc. is a woman owned company that continues to lead the Clinical Research Trials industry since it was founded in 1994. Their trained physicians have gained their knowledge, skills and experience by performing over 750 medical studies ranging from Vaccine Research Trials to Alzheimer's Research trials. For more information: www.activmedresearch.com

The Atrium

at Drum Hill

A Benchmark Senior Living Community
for the Menory Impaired



What is the public health impact of Alzheimer's Disease?

What are the risk factors for Alzheimer's Disease?

Understanding the process of diagnosing and stages of Alzheimer's Disease.

What are the emerging therapies and current research for Alzheimer's Disease?

To RSVP Please call (978)934-0000 Or Write

2 Technology Drive North Chelmsford



Check back for the next Date & Time!

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Enrollment will be open throughout the year.

Computer and tablet assistance with Pierre and Don

Fridays 9:30 - 11:30

This is **NOT** a teaching classroom but a problem solving workshop



Chet Makiej Saves White Dove

Chet Makiej, a Lowell senior, recently found a white dove in his back yard that didn't seem to want to fly. After some thought he decided to bring it to the Senior Center and a staffer called the Animal Control Office and an Officer came and hopes to release it soon.

CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

See Calendar for dates & times Call 978-674-1172 to register

* Doctor's approval REQUIRED *

PUZZLES & More...

OLD TV SHOWS #2

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

S Е R S E N G Т В S R Ν 0 S E G Ν В G E G 0 Т E E S 0 N T 0 S В G Н F T Е G R 0 C 0

A-TEAM
ALF
AIRWOLF
BARETTA
BARNABY JONES
BENSON
BIG VALLEY
BONANZA
CHEERS
COACH
DALLAS

EQUALIZER
FALCON CREST
FAME
FANTASY ISLAND
FISH
FLINTSTONES
FULL HOUSE
GROWING PAINS
HAWAII FIVE-O

DOCTOR WHO

DYNASTY

HEE HAW
HUNTER
JEFFERSONS
KNIGHT RIDER
MACGYVER
MAVERICK
MAYBERRY R.F.D.
MISTER ED
MUNSTERS
NANNY

NEWHART NIGHT COURT OUTER LIMITS PRISONER S.W.A.T. SILVER SPOONS T.J. HOOKER TWILIGHT ZONE VIRGINIAN WEBSTER

K S A
EWHART

Brain Games with Gail Arpin-Finck, Cognitive Rehab Specialist



Suzanne Fillebrown & Adam Chambers from Northwood rehab, distribute gift bags to the visiting Veteran's



Copyright © 2005 Livewire Puzzles (www.puzzles.ca)



THE McMAHON CLAN

Standing in front of the unveiled memorial portrait of Audrey McMahon from the left are: Danny, Doreen, Ed, Brian, Bob Senior, and Bob Junior.

Dozens of friends and family packed the senior center Friday to honor Audrey McMahon, who volunteered there for years.

The tribute to McMahon, who died last July at age 76, went beyond just her service to the Council on Aging, extending to her love of her lifelong home city and the way she and her husband, Bob, got to know seemingly everyone in Lowell.

McMahon's family pulled down a covering to unveil a framed portrait of her painted by Lowell artist Janet Lambert-Moore. It hangs just outside a classroom on the building's second floor where McMahon spent much of her volunteering time.

"This is a great honor for the McMahon family," said Bob, who was married to Audrey for 59 years. "It's been a great tribute.

A portrait of longtime volunteer coordinator, the late Audrey McMahon, was unveiled on Friday morning at the Lowell Senior Center. Posing after the unveiling are, from left, her son Dan McMahon, daughter Doreen Burgess, son Ed McMahon, son Brian McMahon, husband Robert McMahon and son Bob McMahon.

See video and a slide show on this story at lowellsun.com. SUN/JOHN LOVE Sun staff photos can be ordered by visiting our SmugMug site. **Courtesy of the Lowell Sun**



















Photos courtesy of Arthur Toupin

YOU TOO CAN BECOME AN ARTIST



FREE on THURSDAYS!

Art Class 12pm-2pm

F I OWFI I ENIOR CENTER





- **David Caponigro**
- 12 Jon Mansfield
- 19 Jim Moses
- 26 Peter Panajia

6:30 PM

OPEN TO THE PUBLIC

If you have any questions concerning

this upcoming event, please contact

Thomas Pogar @ 978.412.2678

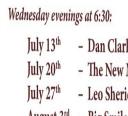
Betsy DelloRusso @ 978.423.0161 bdellorusso@elderservices.com

at **Blaire** House of **Tewksbury Assisted** Living Residence

ugust

- **Bobby G**
- David Caponigro, **Dixie Band**
- **16 Scoty Andrews**
- 23 Tony Funches
- 30 Kevin Farley

10B Erlin Terrace, Tewksbury, MA 01876



Please join us for our 2016 **Summer Concert Series**

in the Park***

- Dan Clark - The Singing Trooper

LIFE & WELLNESS COMMUNITY

- The New Magnolia Jazz Band - New Orleans Style Jazz

- Leo Sheridan & Paul Belley - 1920's - Contemporary Hits

August 3rd - Big Smile Entertainment - "Bring on Broadway"

August 10th - Baza - Piedmont Blues - Music from the 20ies - 40ies

August 17th - Walk the Line Band - Johnny Cash Tribute Band

August 24th - Russ McQueen - Top Hits, Beach Music & Favorite Oldies

***In case of inclement weather, concerts will be held in the Chapel.

Concerts Sponsored by



Don't forget our Farmer's Market every Wednesday from June 22nd - October 26th from 2:30 - 4:00 p.m.











Friends of the Lowell Council on Aging, Inc. 276 Broadway Street Lowell, MA 01854

www.lowellma.gov/seniors

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